



Sam the Safety Dog says...

The NSC Safety Dog, Sam, is here to talk about safety with kids like you! This time, Sam has a special message about phones:

“Memorize the phone number of at least one person who takes care of you – like your mom, dad or a grandparent. That way, you’ll know who to call if you get lost.”



School ... from home?

If you'll be e-learning this school year, make a workspace that's all yours! Find a quiet corner to set up your desk. Make it special by hanging up some pictures of your friends or art projects you did!



Rainbow dinner game

Do you “eat the rainbow”? That means eating lots of different-colored fruits and veggies to stay healthy! Check out p. 12 to learn more. Then, play this game at dinner to help you keep track of the fruits and veggies you're eating.

Step 1:

Draw a rainbow on a sheet of paper and bring it to the dinner table with you.

Step 2:

Look for foods on the table that match each color of your rainbow. Write down which colors you're missing.

Step 3:

Make a list of fruits and veggies that would fill in the missing colors. Add them to the family shopping list.

Step 4:

Share your rainbow with your friends!